Q&A with Leyla: Exploring Healthy Living Post-Memorial Day

written by Dr. Ronald Hoffman | May 29, 2025

In this episode of the *Intelligent Medicine* podcast, Dr. Ronald Hoffman and resident nutritionist Leyla Muedin discuss various topics including their Memorial Day activities, the recent MAHA Report, and specific health concerns from listeners. They delve into the practical implications and controversies surrounding the MAHA Report, which critiques aspects of American healthcare like the pharmaceutical industry's influence and vaccine guidelines. The show also covers tips for managing conditions like acid reflux, cholesterol, and the efficacy of various supplements for sleep and brain health. Listener questions are addressed, providing insights on managing Barrett's esophagus naturally, the benefits of magnesium for sleep, and the limitations of a vegan diet in weight management.